

BULLETIN

FALL

2002

A Message from the Chair of the SMS Board of Directors

I am writing this message in my last days as the chair of the SMS Board of Directors. My term on the board has been a time of growth and learning for me and for the rest of the School's leadership as well. The experience, knowledge and insight I gained in my time as the chair of the SMS board has been invaluable and, while challenging, these last two years have reinforced my faith in SMS. My faith is not just in SMS's ability to provide quality training in the midwifery model of care, but also in SMS's unique vision and its the ability to cultivate a new generation of leaders willing to challenge the assumptions of mainstream medical rhetoric regarding pregnancy, birth and women's health. In my term as board chair, this critical work has involved its share of challenges, changes and triumphs.



SEATTLE
MIDWIFERY
SCHOOL



E D U C A T I O N
A D V O C A C Y
E M P O W E R M E N T

Over the last couple of years, SMS has made several bold moves to expand its reach. The most crucial of these was the decision to open the New England classroom and change to a low residency program that utilized computer-based distance learning. For a field so heavily concentrated on human interaction and touch, this move was extremely controversial and sent us into unknown territory. The change resulted in a time of difficult decision-making and staff reorganization. SMS is still evaluating how to ensure the success of the New England classroom and the new curriculum, but we are well on our way to finding the path that will maximize SMS's ability to train quality midwives on a national scale.

NEW ENGLAND
CLASSROOM
Manchester,
New Hampshire

Another challenge that SMS has faced is the struggle to participate in a community that is overworked and often under siege. While internal issues have demanded the time and attention of the SMS leadership, SMS remains committed to participating in and supporting a strong coalition of organizations aimed at promoting a woman-centered approach to pregnancy and childbirth.

NORTHWEST
CLASSROOM
Seattle,
Washington

The Board of Directors has also faced the challenge of having to say good-bye to several wonderful, intelligent and insightful individuals. These departures have been a great loss. However, a small, committed group has held the board together and made some crucial decisions that have brought SMS to where it is today. The current board has done an amazing job and all the while worked to improve its own internal operations. We hope that others will join us in our work in the near future, adding new energy and ideas to our current plans and projects.

(800) 747-9433
(206) 322-8834

Also in this issue:

- Midwifery in a global context
- Our 5 year strategic plan
- Bios of the newest midwifery students
- The year in photos
- Program news
- Volunteer opportunities

Finally, there is the challenge of growth and money. At its inception SMS was a small, grassroots organization. Nearly 25 years later, we are striving to create an organization that marries grassroots ethics with the financial and organizational savvy of a successful national educational institution.

www.seattlemidwifery.org

Midwifery in the Americas

—by Jo Anne Myers-Ciecko, Executive Director

Seattle Midwifery School Board of Directors

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Dolores Carbonneau

Laurie Foster

Peggy Garland

Atma Kaur Khalsa

Mary Lawlor

Annie Moffat

Priya Morganstern

Judy Norisigian

Deb Sanborn

Imagine birthing women in the far north of Canada, in the small town of Puvirnituk on the coast of Hudson Bay, where midwives are trained in a community-directed birth center. Then dream of Quechan midwives attending births high in the mountains of Boliva, supported by cultural activists who value their important role in the provision of care. Envision a maternity hospital in Mexico where traditional midwives, professional midwives, and physicians all have admitting privileges and work as a team to provide women with the best of traditional and contemporary health care services. Finally, picture Taos County, New Mexico, a community right here in the United States, where over 25% of births occur at home or in a birth center attended by midwives and where the midwives have hired knowledgeable and sensitive obstetricians to provide maternity care for another 65% of all birthing women.

Now contemplate the fact that, in many big cities in South America, middle and upper class women are sold on the benefits of surgical birth as a form of cosmetic surgery and the Cesarean section rate is over 70%! There is a hospital in northern Mexico where the section rate is over 90% and the primary source of insurance payments doesn't even cover normal birth! Midwives in many countries have their hands tied by a health care system that doesn't support self-regulation or understand the importance of the midwifery model of care.

These stories – inspirational or appalling – were highlights of an “International Conference about Professional Midwifery and Self-Regulation” hosted by the Casa Professional Midwifery School in San Miguel de Allende, Mexico, in June 2002. Hoping to nurture friendships that would inspire the countries of the western hemisphere to incorporate the midwifery model of care into each individual country's public health system, the organizers invited representatives from midwifery, public health, professional regulatory bodies, and other government agencies to explore the benefits of midwifery and options for education and certification. I was invited to represent the Seattle Midwifery School. Christy Cook, a graduate of SMS now working in Nicaragua, was also invited to participate.



*Christy Cook and
Martha Gonzales Cochi*

The Casa School has received considerable attention in Mexico and among international funders as a new and exciting model for the preparation of professional midwives who are taught by traditional midwives, trained in both home and hospital birth and oriented to community health work. Interestingly, the main sponsor of this conference was the U.S. Agency for International Development.

Among the many conference speakers were anthropologist Robbie Davis-Floyd, sociologist Ana Maria Carrillo Farga, psychologist Lourdes Quintanilla Rodriguez, epidemiologist Kenneth Johnson, physician Marsden Wagner, midwives Mina Tulugak, Epifania Pedro Panfila, Petra ten Hoope-Bender, Mary Sommers, Laura Cao, Deborah Kaley, Elizabeth Gilmore, Raquel Schallman, Manuela Mendez Herrera and Ismael Gonzalez. Susan Hodges of the U.S.-based Citizens for Midwifery gave a rousing speech to end the conference with the directive to “Listen to the Women!”



Panel of Midwives

If you'd like to hear more about the conference or want to request a slide show and lecture, please contact me at (206) 322-8834 x103 or jciecko@seattlemidwifery.org.

Global Midwifery Support

Hopes-Ideas-Desires Come to Fruition

- by Mary Yglesia, MEP Assistant Director

There is a ritual in which almost all SMS midwifery students participate. It is a tradition that has been with us since our infancy as a school and one that continues to the present. This tradition is one we call cultural exchange and involves our senior students traveling to other countries to participate in midwifery immersion. Whether it was Jamaica, St. Lucia, Manila, Samoa, Tanzania or Vanuatu most of us who had this opportunity count it is as one of the most memorable and self-defining events of our education. Like language immersion programs, midwifery immersion programs create a level of learning that cannot be duplicated in other settings. Those of us who have watched women labor in their third-world conditions, bearing witness to the strength and grace that they bring to childbirth, have received a blessing and gift that we desire to acknowledge and reciprocate.



Student Shannon Norberg and Philippines Midwives

It has long been a goal of the staff, faculty and students at SMS to create a mechanism for some sort of compensation and acknowledgement to our sister midwives in these other countries. From these seeds has sprouted what we are calling Global Midwifery Support. Our initial project was to solicit contributions from past students who did rotations at Victoria Hospital in St. Lucia in order to purchase some much-needed supplies. The staff at Victoria requested a doppler and breast pumps. Thanks to the generosity of some of the past students it is with great pleasure that we recently sent a brand new doppler to the staff.

The next phase of this project is to form a Global Midwifery Support Task Force. We have a wealth of resources available from which we can create a true cultural exchange program. One of the ideas we are pursuing is to procure a donation from Medela for several Lactina breastpumps and to bring a St. Lucian midwife here for advanced lactation support training. She would then return to her community with the training to share and the equipment necessary to facilitate successful breastfeeding for their moms and babes.

We welcome all who wish to participate in this very important and long-overdue project. Please contact Mary Yglesia at (206) 322-8834 x108 or maryy@seattlemidwifery.org to find out how you can contribute.



Catriona Munro in Vanuatu

Retail Price List

(all prices include sales tax)

SMS Products

Sterling silver lady pendant (SMS logo)	\$50
Tote bag (black)	\$20
T-shirt (various colors and sizes)	\$15
Mouse pad (includes place for picture)	\$6
Mug	\$6
Poster (10th anniversary)	\$3
License plate holder	\$8

(Seattle Midwifery School - Where Midwives Are Born)



SMS Pendant

Celebrate the beauty of motherhood with this sterling silver pendant \$50.00

actual size 1 3/4" tall

Books

Beyond the Birth, by Dawn Gruen	\$5
From Start to Finish, by Barbara Ross Ellis	\$5
The Way Back Home, by Peggy O'Mara	\$15
I Am Ready to Speak, by Garlic Gulch Poets	\$7
Contemporary Salads, by Hope Sandler	\$15

Miscellaneous

Birth art - metal wall hanging	\$37
Silver goddess pendant	\$25

All items can be shipped (\$5 minimum order). Call (800) 747-9433 or e-mail info@seattlemidwifery.org for ordering information and shipping and handling charges.

Welcoming The Freshwomen of 2002...

SHARON AVOLIO is the mother of a 9-year-old boy named Jesse. She has worked as a social worker in various settings. Her current position is weekend resident manager at a homeless shelter for pregnant and newly parenting women in Bellevue. She has traveled to Iraq, Jordan and, most recently, to Ireland. In the future, she hopes to continue traveling and providing midwifery care to women wherever she finds herself in the world.

EMILY BARBER has just moved to Seattle this month, coming from southern Vermont. As a youth, she learned about alternative therapies such as herbalism, homeopathy, and nutritional healing. As a young adult, she bounced between travel and education, unsure of how to actually combine the two. She has been working towards combining her intrigue with childbirth and the challenges women face politically, economically, and socially.

JESSICA DALRYMPLE was born in a small town in New Jersey. Her mom didn't know she was in labor till it was too late and her dad helped deliver her with a Lamaze instructor. She has worked for 6 years as a Christian Science nurse. She gave up nursing when she got married and had her first baby, Emma (5). John (3 ½) was born a year later, and Oliver is just turning one. Jessica's family moved to Seattle from Denver a few months ago so she could attend SMS.

SUZANNE FISHER has spent most of her life in the Seattle area. She moved to California for a while so her husband could finish school. After the birth of her first daughter she began to explore how to have a better birth. She worked with La Leche League for over 10 years. Her next two girls were born at home. The girls are now 15, 12 and 8. For the last 18 months her family has opened its heart to include foster children. She has planned on becoming a midwife for many years.

JANETTE GYESKY has been amazed by birth for as long as she can remember. She is single and living in Seattle. Before that, she lived in Northern California, where she worked with a midwife for a year. After taking the doula courses at SMS she started volunteering with a teen pregnancy program at a high school in downtown Seattle, as well as working with underprivileged young mothers. She believes that we have the ability to transform a woman's space of birth to a confident, safe, and empowering environment.

KRISTIN KALI was born and raised in Missouri. When her daughter was born in the care of midwives, the seed was planted that she might like to become a midwife someday. She attended midwives' association meetings and conferences, helped revive the dormant Friends of Missouri Midwives, taught childbirth education classes in her home, took a doula training course and attended a few births. In the summer of 2000, she decided to leave Missouri and move to Seattle.

NATALIE KRYGER grew up and continues to live in the Snoqualmie Valley with her husband, Nathan, and their two boys; Liam (3) and Elliot (1). She began her interest in midwifery when she was 15, after being given a copy of *Spiritual Midwifery*. Being a doula allowed her to witness birth, and affirm her desire to care for women and families.

ANNE LEBLOND was born in Québec, Canada, where natural medicine has been part of her life almost since birth. She moved to British Columbia 8 years ago. Midwifery was her main interest throughout the years. She has been living in a community for the past 3 ½ years where holistic medicine is predominant. She has a goal to start a birth center after graduation. She is a doula and childbirth educator.

TONYA ROBITAILLE grew up in British Columbia. The roots of her life-long love for birth started there. She has been blessed with 3 children, Jade (11), Nima (9), and Elijah (7). She has been a doula for ten years, attending both home and hospital births. She is a practical herbalist and a childbirth educator. She teaches prenatal classes for teenagers and enjoys making birth art. Her mother and her children grow an amazing herb garden and together they make herbal products for the family.

TRACY SIMPSON dreamed of becoming a nurse since she was a child, but ever since her first son's birth five years ago her passions have developed into a calling to midwifery. Her husband and she now have three boys, ages 2, 4, and 5 – all born with the expert assistance of midwives. She has spent the past four years working as a labor support and postpartum doula as well as teaching childbirth classes in her community. She is an active member of the birth community in British Columbia, and spent the last year as the executive director of the Midwives Association of BC.

ERIN SWEENEY says her interest in midwifery began to sprout about 7 years ago in a small fishing town in Massachusetts. She worked in an herb store and was allowed the opportunity to read endlessly about herbal healing, homeopathy, women's health, psychotherapy, energy work, everything. She is interested in working with teen moms and promoting midwifery care at a grassroots and national level.

LAURIE UNTEREINER is a mother of two wonderful grown children: a 21-year-old daughter and a 19-year-old son. When they became teenagers she decided to go back to school where she earned a B.Sc. in Biology with a minor in Anthropology as well as completing the Chartered Herbalist program. She has always been keenly interested in holistic health and how the synergy between emotional and physical health is perceived in different cultures.

LARA WILCOX is from Los Altos, California, and has also lived in New Mexico and Maine. She graduated from Pomona College in 1991 with a degree in Anthropology. She became interested in midwifery in her twenties while living in San Francisco where she took a ten-week class with Elizabeth Davis. She has volunteered as a labor assistant at San Francisco's General Hospital and attended many births.

KRISTIANNE ZAK has a wonderful family that includes: her partners, a teenage daughter, 8-week-old twins, a dog, four cats and two ferrets. Aside from her active family life, she is a belly dancer and bibliophile. Over the last couple of years she has become a novice gardener and has been honing her plant skills growing herbs. Herbalism and naturopathic medicine are two interests she has been expanding on, hoping to use them in her new path.



*From left to right: First row - Suzanne Fisher, Janette Gyesky, Anne LeBlond, Emily Barber
Middle Row - Tonya Robitaille, Laurie Untereiner, Natalie Kryger
Standing - Lara Wilcox, Kristianne Zak, Molly Eitzen, Kristin Kali, Sharon Avolio, Jessica Dalrymple, Erin Sweeney,
Tracy Simpson*

IN-KIND DONATION NEEDS

SMS relies on community support for in-kind, as well as monetary gifts.

Call SMS or e-mail for more information.

OFFICE EQUIPMENT and SUPPLIES

(info@seattlemidwifery.org)

general office and computer supplies
Pantone Formula Guides - Designer Edition
pedestal or box fans (2-3)
small desk fans (2-3)
large venetian blinds (10)
video camera
high quality office chairs (14)
speakerphone
office phone system
teleconferencing equipment
videoconferencing equipment
for conference exhibits:
lightweight folding table
canopy
portable TV/VCR combo

Thanks are in order...

The Board of Directors and staff of Seattle Midwifery School send a heart-felt thanks to the following individuals for giving so generously of their time. There are always more tasks to be done than time allows, so when a volunteer takes the time to help, the effect is immeasurable. Thank you.

- Incoming student Natalie Kryger for helping to upgrade the office computer network.
- Junior Carol West for staffing the SMS table at outreach events.
- Kelsey Hughes for ALL the help she has been in numerous ways.
- Steve Fuller for providing "on-call" tech support.
- NPower volunteers who provided one-on-one computer coaching to SMS staff.
- Peggy Garland, BJ Mackinnon, Annie Moffatt and Mary Lawlor for outreach and student recruitment in New England.
- Baby Diaper Service for their in-kind donation. They inserted 700 SMS LSC flyers in their customer's diaper bags at no charge!
- All those who donated to Global Midwifery Support.
- All our preceptors for their ongoing commitment to the education of midwives.

PROFESSIONAL SERVICES

(tech@seattlemidwifery.org)

web site design
network maintenance
database consulting
staff/faculty/student training in software use
marketing consulting

INFORMATION TECHNOLOGY

(tech@seattlemidwifery.org)

Software:

Windows 2000 or XP Professional (15 licenses)
Outlook 2000 (13 licenses)
FrontPage 2002 (1 license, 1 upgrade)
OR Macromedia Dreamweaver
or Studio MX (2 licenses)
Adobe PageMaker 7.0 (2 licenses, 1 upgrade)
additional fonts for PageMaker
Adobe Acrobat 5.0 (2 licenses)
Adobe Acrobat Capture 3.0 (1 license)
CD creation software (2 licenses)
bulletin board software
library cataloging software
exam development software

Hardware:

server (call for specs)
desktop computers (at least Pentium II)
laptop computer (at least Pentium II)
15-19" monitors (3)
(good quality, less than 5 yrs old)
flat panel monitors
CD RW drive
RAM – 64-256 mg

Printers:

b/w network laser printer
label printer

Peripherals:

ergonomic computer keyboards (2-3)
mouses (optical preferred)
monitor stands
glare screens for 15" monitors
under-desk keyboard trays (13)
training/reference manuals for Microsoft Office,
Microsoft FrontPage and Adobe products

Seattle Midwifery School's 5 Year Strategic Plan

This summer, the Seattle Midwifery School board of directors and management staff have completed a 5-year strategic plan for the School. This plan will serve as a guide for the organization as it moves towards a communal vision for the School, our Vision 2020, which was developed at the 1999 Maternity Care Summit.

Highlights of the plan include:

- establishing degree granting capacity or its equivalent;
- moving to a new facility;
- evaluating and refining operation of the auxiliary classroom, new curriculum, and clinical program;
- implementing a branding campaign;
- raising staff and faculty pay to market standards; and
- encouraging and enhancing collaboration with local and national birth and women's health related organizations.

Complete text for the strategic plan, including Vision 2020, is available on our website at www.seattlemidwifery.org/sms_vision2020.htm

A Message from the Chair

Continued from front page

This hybrid approach is the only way the School can continue to grow and fulfill the vision for SMS that was endorsed at the 1999 Maternity Care Summit. This approach was further endorsed by a large anonymous gift received this spring. This donation has allowed the School to continue building the capacities it needs to move from an organization that is just surviving to an organization that is thriving. However, this one-time gift on its own will not allow SMS to make this transition. We need the support of all SMS donors as well as the support of a broader based community to fully realize SMS's potential.

These challenges and the fortitude, creativity and dedication shown by staff and board members to address them place SMS on the brink of something extremely exciting. The board is poised to provide key leadership and take on new projects. The staff and management have a depth of experience, skills and dedication that open up new possibilities for success. Recognizing this strength, the board and staff recently held a retreat focused on formulating a 5-year strategic plan. (See sidebar on the

SMS Strategic Plan.) The plan highlights the promise and possibility of SMS given sustained support from a strong, organized community. This community needs to include all those who believe in midwifery model of care as well as those who support the notion that all women should have choices when it comes to the care they receive during pregnancy and childbirth

In the coming days I will be passing on my leadership position to, another dedicated board member, and will be taking a much smaller role in relationship to SMS. This change is due in part to the fact that it is time for new leadership and in part because it is time for me to experience midwifery care from another point of view, that of a consumer. Come November I hope to have the good fortune to have a peaceful home birth, assisted by skilled midwives who are available to me thanks to the existence of SMS. I am so pleased to have this option. I believe that my choices are the direct result of your support, whether you are a donor, volunteer, doula or midwifery consumer. Your enthusiasm, belief and dedication make it possible to keep midwifery a choice for women. I hope that all who receive this bulletin will continue to support SMS with their time

and financial donations so that yet another generation of women will benefit from the work that SMS does to support midwifery, doula care, childbirth education and women's health care choices. Thank you!

Sincerely,

Clarissa Hsu, Ph.D.

Outgoing Chair of the Seattle Midwifery School Board of Directors

PS - Late breaking news! Clarissa gave birth to a beautiful baby girl on September 17th. Although she was nine weeks early and Clarissa's plans for a midwife-attended home birth were abruptly altered, we are happy to report that everyone is doing well. Congratulations to Clarissa and John!

...Jo Anne Myers-Ciecko

**2nd Annual
Seattle Midwifery School
Alumnae Reunion
on Tuesday,
October 15, 2002**

See www.seattlemidwifery.org/news_reunion.htm or call SMS for details

THE YEAR IN

MEP Director, Lynn Hughes, visited the Northeast Classroom November 2001 . . .



NE Site Director, Alice Sammon, with instructors Laurie Foster and Deb Sanborn



Advisory Board member, Mary Lawlor with senior students Elizabeth Randall and Audra Karp



Instructor Peggy Garland with senior students, Jasmine Bay and Joni Rogers and MEP Director, Lynn Hughes

The SMS Community enjoyed food and music at our Winter Light event . . .



Executive Director, Jo Anne Myers-Ciecko receives recognition for her incredible dedication in 2001



An unforgettable spread prepared by Marketing and Development Director (and chef), Hope Sandler



Senior student and student rep to the board, Traci Palagi enjoying the party with her family

Announcement of a 100K donation at the Winter 2002 Board/Management Dinner followed the next morning by the Seattle Midwifery School Phone-a-thon . . .



Above, Technology Director, Sharon Fuller, and Jo Anne Myers-Ciecko. Above middle, MEP Assistant, Elaine Eldridge soliciting donations. Above right, Carolyn Johnston, former MEP Clinical Director. Right middle instructor/board member, Suzy Myers and NE Advisory Board member/instructor, Annie Moffat receive prizes for their efforts. Far right, Jo Anne notes the donations



PHOTOS . . .

Elaine Carty with MEP Clinical Director, Mary Yglesia, Jo Anne Myers-Ciecko and Lynn Hughes during a visit to the new University of British Columbia Midwifery Program



Front Desk Assistant, Margie Trenary staffs the SMS booth providing info to midwifery supporters at the Rolling Thunder Democracy Event

The Lavish Table, our June "Chef Event" was a big hit . . .



Margie Trenary, greets guests



Outgoing Admissions/Recruitment Coordinator, Kabi Cook, and band surprise and delight us with jazz and more



Junior student, Kimberly Christensen, with her guest enjoying the food



Marketing and Development Director, Hope Sandler, introduces Megan Sukys from KUOW, our emcee for the evening's festivities

Seattle chefs prepare an awesome dinner!



February graduation ceremony, Class of 2001



Graduates are joined in saying the Midwives' Oath by senior midwives

At a winter meeting of the SMS Board . . .



Board Chair, Clarissa Hsu, and Treasurer, Joanna Bargeron

Doula and Extension Education Program

Faculty News

- by Annie Kennedy, Doula & Extension Education Director

The Maternity Center Association has announced the recipient of the Corolla Warburg Rothschild award, for lifelong contribution to the health and well being of infants and mothers. The recipient is SMS's own Penny Simkin. She will receive the award at a gala event in New York City, October 24. Congratulations Penny!



Penny with students

Penny has developed a birth sling which, when suspended from the ceiling, will support a woman's upper trunk in the dangle position. It's of great value in second stage, when the strength of support persons may be waning. It is particularly helpful when babies are thought to be malpositioned or asynclitic. The sling is made of cloth, and proceeds benefit the Community Birth and Family Center in Seattle. Let your hospital or birth center know about it! Contact Penny for more information at (206) 325-1419 or pennyink@aol.com.

Margaret Bergmann-Ness, SMS Birth and Postpartum Doula trainer, is opening a small counseling practice in Seattle. She works with women's issues, adjustment to pregnancy, parenting, and loss. Margaret is a licensed independent clinical social worker, trained at the University of Chicago. She has been a perinatal social worker for more than ten years, as well as working as a doula and doula trainer. You can contact Margaret's new practice at (206) 551-4824.

SMS Birth Doula Trainer Shellie Moore led a doula training in Israel in January of this year. Ultra-orthodox women from the organization Doulas of Jerusalem attended, all of whom were experienced doulas. There is an active doula community in Israel, and Shellie noted that Marsden Wagner and Henci Goer visited just before her arrival. Some of the challenges doulas face include a sometimes-hostile relationship between midwives and doulas, and the fact that fathers are forbidden to touch their wives during labor.

Doula and Extension Education Faculty	DOULA & EXTENSION EDUCATION PROGRAM		
	Winter/Spring 2002-2003 CLASS SCHEDULE <i>(available only in the NW classroom)</i>		
	Labor Support Course for Birth Doulas Tuition: \$450 for Parts I & II - \$300 Part II only		
	<i>Part I</i>	<i>Part II</i>	<i>Registration Deadline</i>
Margaret Bergmann-Ness	Oct 25-26, 2002	Nov 1-2, 2002	check for availability
Dana Blue	Dec 3-4, 2002	Dec 6-7, 2002	Nov 4, 2002
Shellie Moore	Jan 31-Feb 1, 2003	Feb 7-8, 2003	Jan 2, 2003
	Apr 4-5, 2003	Apr 11-12, 2003	Mar 3, 2003
	Postpartum Doula Training Tuition: \$450		
	<i>Dates</i>		<i>Registration Deadline</i>
Joni Parthemer	Nov 8-9 and 22-23, 2002		Oct 7, 2002
Melissa Shaffer	Mar 7-8 and 14-15, 2003		Feb 3, 2003
Penny Simkin			
	Childbirth Educator Training Tuition: \$635		
	<i>Dates</i>		<i>Registration Deadline</i>
Julie Sonneman	Feb 28-Mar 2 and Mar 28-30, 2003		Jan 27, 2003
Sandy Szalay			
	To register: call (800) 747-9433 or visit our website at www.seattlemidwifery.org/doula_education.htm .		

New Scholarship Funds for Doula Training

Penny Simkin Scholarship Fund

Penny Simkin dedicated and funded the Pacific Foundation for Childbirth Support to honor the tenth anniversary of the Pacific Association for Labor Support (PALS) in 1999. Since then, the foundation has awarded scholarships to over twenty women in financial need to cover tuition to the SMS Labor Support Course. It has also awarded funds for PALS apprenticeship fees, membership fees and certification. According to Sheila Ater Capestany, Foundation board member, the goal is to give financial assistance to any woman who needs it, enabling her to become a certified, practicing doula. In the future, the foundation may award assistance for continuing education events, as well.

The Incarcerated Women's Project is the main program offering of the foundation. The March of Dimes awarded grant money to provide doula services to women in prison. The project is in collaboration with the University of Washington, Public Health Seattle King County, and the King County Jail. The intent is to gather data from the project to obtain long-term funding and expand services to the Regional Justice Center in Kent, and to the state and federal prison system in Washington.

The Foundation is in the very preliminary stages of developing a community doula project that would train and fund doulas from ethnic and cultural communities in Washington State. This project would include more prenatal and postpartum support to women than the average doula is able to provide. Several ethnic community groups have shown interest, along with the Infant Mortality Network. If you are interested in participating in these exciting developments, contact Sheila Capestany at (206) 722-6976.

The Mary Sheridan Foundation

Christine Cearnal, Executive Director of the Mary Sheridan Foundation, is a graduate of the SMS Labor Support Course, and has worked in the Olympia area as a doula for several years. The foundation awards one full scholarship for every SMS Labor Support Course. The foundation began with an initial endowment from Cearnal's parents. It is named after her great, great grandmother, who was a midwife in England.

Cearnal and other interested people found that doulas tended to leave practice relatively quickly for various reasons. They see continuity of care as a major issue for young women. Their goal is to assist young women to find their voice and articulate their needs, to develop critical thinking skills, and to foster the concept of women caring for each other.

The foundation initially began with an idea to create a community-based doula project, for which they found help from the Chicago Doula Project, a program of the Chicago Health Connection that focuses on providing support to pregnant teens. Cearnal will attend the Chicago Doula Project conference in October.

The foundation's main program is a childbirth education class for young mothers, especially targeted to low income families. The class includes all the traditional content, but adds art work, role play in self advocacy in medical settings, and other skills.

The foundation just received a grant from the Community Sustaining Fund to do a project called Bridge to Parenting. It creates a place for young mothers with their children to gather after they have completed the childbirth education program. They have speakers and respond to the needs of the group for information and support. There is a hot meal component to both the childbirth education and Bridge programs, with nutrition as a strong focus, including information about how to eat healthy at a fast food restaurant.

Midwifery Education Program Faculty

Bridget Albright

Leslie Butterfield

Margaret Buxton

Dolores Carbonneau

Tracy Cooper

Beth Coyote

Helen Gabel

Peggy Garland

Ann Gugat

Angela Gibson

Lynn Hughes

Marge Mansfield

Suzu Myers

Jo Anne Myers-Ciecko

Betsy Paulson

Alice Sammon

Valerie Sasson

Michele Schaab

Leslie Schear

Christie Spice

Lois Thetford

Gwen Wessels

Mary Yglesia

MIDWIFERY EDUCATION PROGRAM NEWS

International Licensure!

Congratulations to recent graduates who have recently been approved to practice in other countries!

Marilyn Kleidon, after many months of working with SMS staff on documentation, has been approved to start a short period of supervised practice and will then become fully certified in Queensland, Australia.

Amy Vogelaar was approved for licensure in Bahrain. Her words speak for themselves: "Bahrain has approved many nurse-midwives (from Europe, Canada, Australia, South Africa, etc.) and recently started approving Direct-Entry midwives from England to work in hospitals here. I am the first American Direct-Entry midwife who has applied and been approved here. Apparently my training was considered to be more extensive than that of most English D.E. midwives, and I was approved unconditionally, even without post-licensure work experience. I think this is very important recognition for SMS graduates and Washington State midwives! Today Bahrain, tomorrow the world. And some day maybe even all of the U.S.!"

And thanks to MEP Assistant, Elaine Eldridge, who relentlessly dogged the paperwork so these grads could "get through!"



International Rotations

●Congratulations to Shannon Norberg, who graduated early and went to Manilla in March.

●Senior, Erin Curtis, and recent grad, Carrie Dulisse, went to Vanuatu in May.

●Dawn Wadleigh and Lissa Fjeldsted did clinical rotations in St. Lucia this summer.

●Best wishes to Tia Pollard, who is in St. Lucia as this Bulletin goes to press.

●Good luck to other NE and NW seniors going overseas this fall: Laura Sivers (Vanuatu), Marissa Ridgway, Tamy Roloff, Jasmine Bay, Elizabeth Randall, Audra Karp (St. Lucia), Traci Palagi, Teri Chalfant (Manila)

Junior students are finishing up a very busy Summer quarter. We are all looking forward to a visit from New England students, Jennifer and Aly, for the October onsite.

NW students (class of '03 and part-timers from class of '04): Front row (left to right): Leah Barlow, Cassie Morley, Kimberly Christensen, Eneyda Spradlin-Ramos, Eve Verdon, Christina Blackmore, Lehe Elarar. Back row (left to right): Pamela Golliet, Esther Palmer, Kathy Montgomery, Jenn Hewko, Carol West, Kelly McVittie, Tamy Roloff, Anne Olson, and Karen Dugan.



Our junior class has been joined by three (yes, count them—three!) babies this year. Karen Dugan (left) gave birth to her son, Saia on April 14th, daughter Natalie was born to Leah Barlow (right) on July 5th, and, most recently, Eve Verdon (center) gave birth to a son, Asa, on September 3rd.

Congratulations are in order for Tamy Roloff of Eastern Washington! Tamy has taken a slightly unorthodox approach to partaking of

Midwifery Education at SMS. Tamy has been a non-matriculating student for the last year. Tamy plans to challenge the Washington licensing law by virtue of her prior experience together with completion of the majority of SMS courses. She has done exceptionally well as a student here, and we wish her the best of luck with the challenge process and licensing exam.



New England Classroom

- by Alice Sammon, New England Site Director

We are fortunate to have a dedicated group of women in our first two classes at SMS' New England classroom. The pioneering spirit of these women has allowed them to flourish and grow amid the instability of direct entry midwifery in the Northeast states. Their creativity and flexibility has allowed them to weather the transition of fellow students' attrition and the challenges of being the first distance classroom of SMS. The strong qualities of determination, adaptability and perseverance are good preparation for their midwifery careers. We are looking with excitement to the graduation of our first SMS New England class this winter.

The New England classroom has moved into its own space in Manchester, New Hampshire. We are housed in a lovely, bright, spacious three-room suite. The classroom has been furnished by very generous donations from the midwifery community, and our space has been upgraded with construction donations from the kind efforts of a student's father. Thank you to all who have contributed.

Too few new students were prepared to make the commitment to begin classes this fall so we have postponed the start of the next class until September 2003. With student recruitment as our goal, we have set up speaking engagements, open houses, conferences, and visits to all New England state midwifery meetings. We will also have a big presence at the MANA conference in Boston in October. If you go to the conference, please stop by and visit our exhibitor booth!

New England students hard at work

To learn more about the New England classroom, please join us or send an interested friend to one of our Get Acquainted Sessions, Wednesday, October 16, Wednesday November 13, or Tuesday December 17, from 1 – 4 pm, in our classroom at 1217 Elm Street, Suite 200, Manchester NH.

MEP Booklet Now On-Line At:

www.seattlemidwifery.org/midwifery_education.htm

California Challenge Process Draws to a Close

—by Bridget Albright, CCP Manager

In 1996, Seattle Midwifery School first started offering the California Challenge Process (CCP) to allow experienced midwives to challenge the educational requirements for California licensure. Six years and 130 midwifery licenses later, we have accomplished our goal of helping to ensure the viability of the direct entry midwifery profession in California.

In the years since we started offering the CCP, the Midwifery Education Accreditation Council (MEAC) has won recognition as an accrediting body from the US Department of Education. Recently, several MEAC-accredited schools have embarked on the process to seek approval for their educational programs from the Medical Board of California (SMS is already approved by the Board). In this context of expanded training and licensure opportunities, we have decided that the CCP has served its purpose, so we will be discontinuing it after Spring 2003.

We are now full swing into preparing for the last year of the CCP. It has been exciting for me as new to the CCP to begin to know these women in California and to learn all the hard work they are doing for themselves, childbearing women and for all California midwives. I really admire how they are all helping each other and how creative they have been in learning their midwifery skills.

At this point we have full cohorts for both the fall and spring exams. We encourage other aspiring midwives in California to look into the diverse programs that have been accredited by MEAC. California has a well-established tradition of apprenticeship and several MEAC-accredited programs build on that tradition. I will continue my outreach to these midwifery programs and offer any support or assistance I can to assure there are viable routes to midwifery education in California.

And of course Seattle Midwifery School has a distance learning program, in which students from California are currently enrolled. This enables students to remain in their community and take advantage of opportunities to work with midwives and other health care providers in their own hometowns or other geographic locations.

BOARD POSITIONS AVAILABLE

Seattle Midwifery School is now recruiting for Board of Director, and NE Advisory Board positions. Your passion, skills, and commitment to women's health can help to change the face of maternity care. Contact Joanna Barger at (206) 784-8594 for more information.

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CCP Manager

Think about this ...

As you order supplies for your own practice, how about ordering a couple of extras for Global Midwifery Support. Can you share a few infant hats? A stethoscope? Suture? Scissors? What seems small to us can make a big difference to our sister midwives. We are sending packages with each student going to foreign sites. Let's reach out and show our support. Call Mary Yglesia or Terri Turner-Carney to be involved. (206) 322-8834 or email: maryy@seattlemidwifery.org/
territ@seattlemidwifery.org

VOLUNTEER OPPORTUNITIES

Would you like to apply your talents in new and challenging ways? Would you like to contribute to a growing and exciting women-centered nonprofit organization? Would you like to meet others who support our mission and goals? Become an SMS volunteer! It does not mean taking on a full-time job - many activities do not require much time, and some can be accomplished from your own home. *Contact Margie at (800) 747-9433 or info@seattlemidwifery.org for more information.*

- Web-researcher. Work closely with the Admissions and Recruitment Coordinator for a one-time project that can be accomplished at SMS or from home.
- Writer. Compose press releases, news articles and brochures.
- Be a part of history in the making. We are looking for writers, historians, event planners, fundraisers and idea people to help make our 25th Anniversary a celebration to remember!
- Also, check out the professional services section of the In-Kind Donation Needs list on page 6.

SMS GET ACQUAINTED SESSION

October 8, 2002
November 5, 2002

Want to learn more about SMS? Join us for our free Get Acquainted Session in the Seattle classroom, offered the first Tuesday of each month from 3:30 - 6:30 p.m. Learn more about our educational programs and services and talk with practicing midwives and doulas. Please RSVP to (800) 747-9433. or info@seattlemidwifery.org

Bulletin Ad Rates

Full Page	\$90
Half Page	\$48
Quarter Page	\$30
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A great way to promote your product or service, the Bulletin is circulated to nearly 2,000 midwives and midwifery supporters throughout the country.

Deadline is November 1st, for next issue. Send camera-ready copy and payment to SMS, 2524 16th Ave S, Room 300, Seattle WA 98144, or email to carrym@seattlemidwifery.org with "Bulletin Ad" in the subject line.

Call (800) 747-9433 with any questions.

LIBRARY NEWS

NEW BOOKS

Making the grade on women's health: a national state-by-state report card. National Women's Law Center, 2000.

Morton, Christine H. Doula Care: The (re) emergence of woman-supported childbirth in the United States. Dissertation (PhD), UCLA, 2002. *(donated by the author)*

Steingraber, Sandra. Having Faith: an ecologist's journey to motherhood. *(donated by Kate and Karl Seeley)*

The following books were all donated by Erin Curtiss:

English and Spanish: Medical Words and Phrases. Springhouse Corporation, Springhouse, PA 1994.

Neustaedter, Randall. The Immunization Decision: A Guide for Parents. (Family Health Series) North Atlantic Books/Homeopathic Educational Services, Berkeley, CA, 1990.

Stamps, Georgiana M. and Laura G. Vonfrolio. Maternal-Newborn Nursing. (Springhouse Nurse Test Review Series) Springhouse Corporation, Springhouse, PA 1992.

Sweet, O. Robin and Thomas A. Bloom, Ph.D. The Well-Fed Baby. Macmillan, New York, 1994.

Weissbluth, Marc. Healthy Sleep Habits, Happy Child. Fawcett Books, Ballantine Publishing Group, New York, 1999.

NEW VIDEOS

Comfort Measures for Childbirth: The Rebozo Way. Guadalupe Trueba, 2001. *(donated by Guadalupe Trueba)*

Five Women, Five Births by Suzanne Arms. Birth Works, Inc., 1978.

14 Steps to Better Breastfeeding. InJoy Videos, 2000.

The Pacific Islands Experience: Fiji, Vanuatu, Solomon Islands. (Lonely Planet Series) International Video Network, 1995. *(donated by Erin Curtiss)*

Tried & True: A collection of labor techniques. InJoy Videos, 2000.

Still Shiny: The newborn's first 28 days. InJoy Videos, 2001.

VBAC: The inside story. David Garrigus Video & Film Productions, 1999.

VBAC: Vaginal birth after cesarean. Lange Productions, 2000.

NEEDED:

The library is always in need of back journal issues, textbooks and other resources for our students, staff and faculty. Please contact Betsy Paulson at library@seattlemidwifery.org if you have materials you would like to donate.

Read Any Good Books Lately?

SMS would like to hear from you with book or video reviews. Anything relating to midwifery, childbirth, pregnancy, postpartum, etc. Please email your review to carrym@seattlemidwifery.org and keep watching to see your review in print!

CALLING ALL BIBLIOPHILES!

If you've visited Amazon.com lately, you know that people make up "top ten" lists of books in all kinds of categories and Amazon posts them on the right side of the screen. So when someone searches for a book, several related "Listmania" lists will pop up, showing the name of the list and who wrote it. Well, we've decided that we want to get in on the action! So when someone searches for, say, *Spiritual Midwifery*, an icon entitled "Books for Aspiring Midwives, by Seattle Midwifery School" would entice them to look at our annotated list. Here are some categories we've come up with. Help us out by suggesting additional categories, and books to include on the lists! The person who submits the largest number of useable book/video ideas by October 21 will win an SMS mug and our undying gratitude.

Birth Culture

Midwives Model of Care

History of Obstetrics/Midwifery

Fiction about Midwives

Books for Aspiring Midwives

Books for Aspiring Doulas

Books for Aspiring Postpartum Doulas

Books for Aspiring Childbirth Educators

Books for Expectant Parents

Pregnancy, Birth and Sexuality

Exercise in Pregnancy

Sibling Preparation

Truly Awful Books about Pregnancy and Birth

Please submit your ideas to Sharon Fuller at tech@seattlemidwifery.org, or call (800) 747-9433 x102.



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Please call me. I would like to volunteer my time to:

___ Tech Support ___ Office Support ___ Event Planning ___ Board of Directors

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